



## Living Loved Exercises

[www.ATCUniversity.com](http://www.ATCUniversity.com)

### Session 11 - Five Truths that can Transform Your Encounters

#### Homework: Breathing Exercise and Oneness Exercise

**Video Links:** Breathing Exercise 6: [https://youtu.be/xyx\\_zvi2uH8](https://youtu.be/xyx_zvi2uH8)  
Breathing Exercise 7: <https://youtu.be/P6Wm4CSjwaQ>  
Breathing Exercise 8: <https://youtu.be/h2moLKCK2cE>  
Oneness Exercise: <https://youtu.be/-BUnvKtg3KQ>

#### Homework

Do Breathing Exercise 6, 7, or 8 then immediately do Oneness Exercise: 3 Minutes in Each Other's Eyes. Repeat 3-4 times during the week.